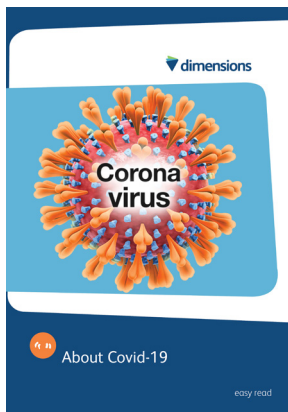


About Covid-19



About this booklet

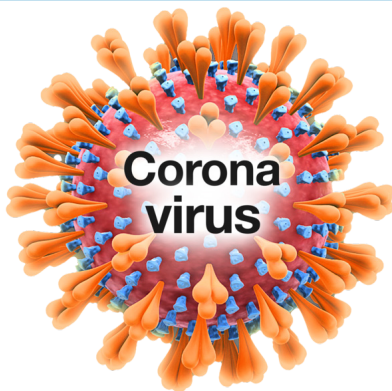


My name is Jordan and I am Chair of the **Dimensions Council**.

The **Council** is a group of people who represent all of the people that Dimensions supports.



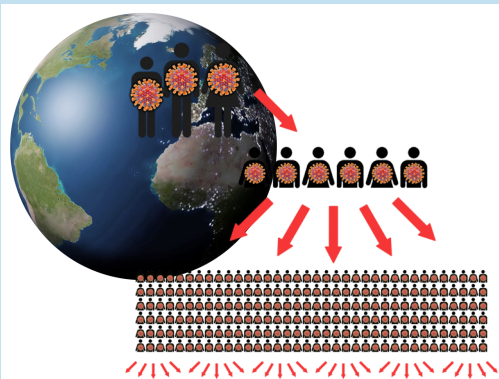
The **Council** members talk about things that are important for people with learning disabilities or autism.



I want to tell you about the **Covid-19** virus. It is also called **Coronavirus**.



I am going to tell you how you can keep yourself and other people safe.



This is very important because it is a world-wide emergency.



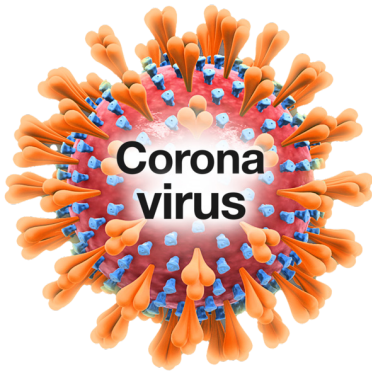
All across the world places like shops, schools, cafes and day centres have closed.



People in lots of countries are doing important things to help keep people safe.



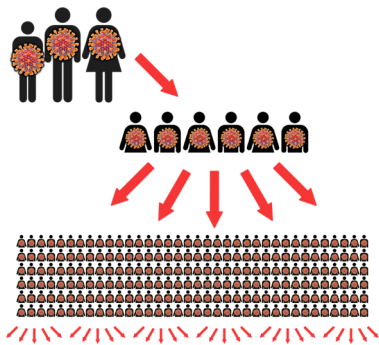
You need to do important things to keep people safe as well.



What is Covid-19?



Covid-19 is a virus that can make people very sick.



Nobody is immune.
This means that your body cannot stop you from getting it.

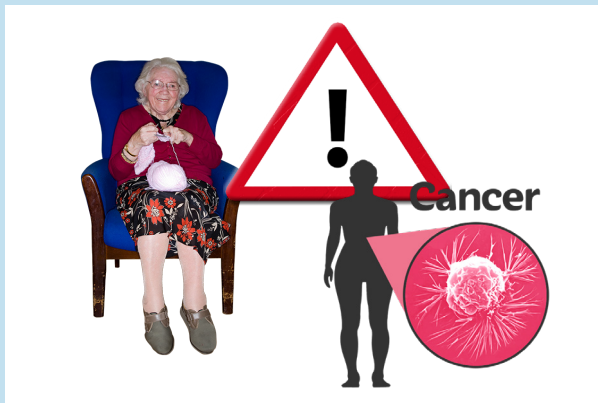


Everybody experiences it differently.

Some people do not get poorly.

Some people will get a little bit poorly.

Some people get very poorly.



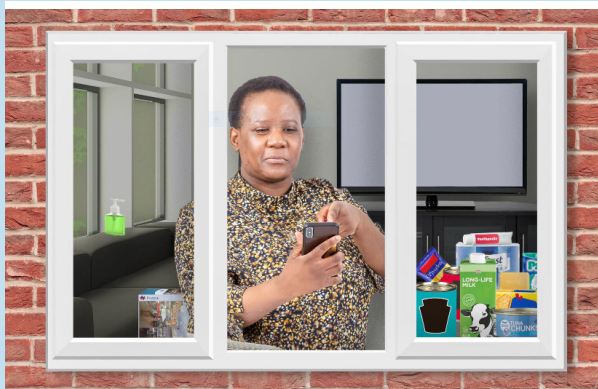
If people are elderly or have some other health conditions they are in more danger.



Unfortunately some people die.



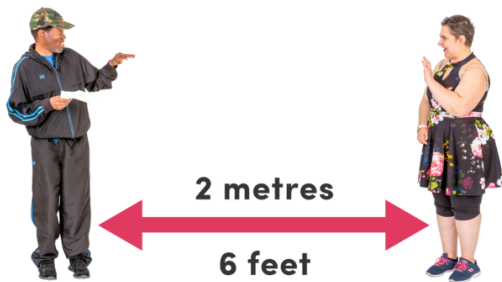
How you can keep people safe



Stay at home as much as possible. Don't go outside unless it is very important.



Stay away from people as much as possible. Don't go to busy places and don't see anybody unless you live with them or it is very important.



Stay 2 metres away from people.

If you and the people you are with stretch your arms out and you cannot touch each other, that is far enough away.



Wash your hands very well for at least 20 seconds. Make sure you wash every single part of your hands.



Listen to the advice from the government and your carers. This is very important.



If you do this you can help stop people getting poorly and save lives.



Please talk to your carer about this, they can help you.



Proving life can get better

Dimensions provides evidence-based outcomes-focused support for people with learning disabilities, autism and complex needs. We help people to be actively engaged in their communities.



Find out more about xxxx

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